

Sweet Potato Casserole with Pecan Topping

READY IN



80 min.

SERVINGS



10

Directions

- Add the soy creamer, orange juice, vanilla, sugar, maple syrup, salt, nutmeg and cinnamon.
- Pour into prepared casserole dish.
- Mix the topping ingredients together until well-combined.
- Spread or sprinkle over the casserole and bake for 45 minutes or until hot throughout.

Nutrition Facts

 PROTEIN 0%  FAT 0%  CARBS 0%

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0%

Nutrients (% of daily need)

Calories: 0 (0%), Fat: 0 (0%), Saturated Fat: 0 (0%), Carbohydrates: 0 (0%), Net Carbohydrates: 0 (0%), Sugar: 0 (0%), Cholesterol: 0 (0%), Sodium: 0 (0%), Alcohol %: 0% (100%), Protein: 0 (0%)